



Covid-19 Personal Risk Assessment

This information sheet aims to inform you, your family and any other household contacts you might have of underlying medical conditions which could put you at higher risk of contracting Covid-19. We recommend you consider the risk to both yourself and others of taking up Kangoo Jumps® activities and discuss this with your GP prior to participation.

People at HIGH risk:

- Aged 70 or older (regardless of medical conditions)
- Under 70 with an underlying health condition listed below (i.e. anyone instructed to get a flu jab as an adult each year on medical grounds):
- Chronic (long-term) respiratory diseases, such as asthma, chronic obstructive pulmonary disease (COPD), emphysema or bronchitis
- Chronic heart disease (such as heart failure)
- Have diabetes
- Chronic kidney disease
- Chronic liver disease (such as hepatitis)
- Chronic neurological conditions, such as Parkinson's disease, motor neurone disease, multiple sclerosis (MS), a learning disability or cerebral palsy
- A weakened immune system as the result of medical conditions or medication
- Are taking medicine that can affect the immune system (such as low doses of steroids)
- Being seriously overweight (a BMI of 40 or above)
- Pregnant less 28 weeks

People at VERY HIGH risk:

- Have had an organ transplant and remain on ongoing immunosuppression medication
- People with cancer who are undergoing active chemotherapy or radiotherapy
- Are having targeted cancer treatments that can affect the immune system (such as protein kinase inhibitors or PARP inhibitors)
- Have blood or bone marrow cancer, such as leukaemia, lymphoma or myeloma
- Have had a bone marrow or stem cell transplant in the past 6 months, or are still taking immunosuppressant medicine
- With severe chest conditions such as cystic fibrosis or severe asthma (requiring hospital admissions or courses of steroid tablets)
- Problems with your spleen – for example, sickle cell disease or if you have had your spleen removed
- With severe diseases of body systems, such as severe kidney disease (dialysis)
- Are taking medicine that makes them much more likely to get infections, such as high doses of steroids or immunosuppressant medicine
- Pregnant more than 28 weeks or, at any stage of pregnancy, with significant heart disease, congenital or acquired